

## Moving and Learning Through the Rainforest

### Natasha Mirny, Wolf Trap Teaching Artist

Let's take an imaginary journey to a rainforest, where we can explore a variety of animals and plants -- and learn about the importance of protecting this unique ecosystem, and other forest environments.

### To Prepare for This Workshop

- **Have the whole family join!** This workshop is highly interactive and will include something for everyone! We encourage you to share this experience with everyone in your home.
- **Find an open space.** You will experience opportunities for movement like stretching, moving your arms and jumping in place -- so if possible, join from a space that allows everyone to move freely.
- **Wear comfortable clothes.** You and your family may want to participate in clothes that allow you to move easily.
- **Join at your own pace.** Don't worry if your child chooses not to participate in the whole experience, or is shy at first. They will likely be encouraged to join in if they see you and your family participating.
- **Take the time you need.** If you have infants or very young children in your group, you may want to join in the movement activities at a slower pace.
- **Adapt to work for you.** All of the activities should feel safe and comfortable for everyone participating, so feel free to adapt activities to fit you and your group! Please feel free to skip any part of an experience that doesn't feel right for you.
- **Please no recording.** To ensure the most-interactive and safe experience for you and our Wolf Trap teaching artist(s), please turn off any recording devices before you join the fun.
- **Save the snack for later.** During this workshop, you may be asked to participate with your hands, feet, even your mouth! -- So you'll want to make sure you and your family snack-free and ready to go.

### Songs and Lyrics

#### The Happy Song

I am so happy to be here today,  
I am so happy to be here today,  
I am so happy to be here today,  
And dance with my friends!  
My head can dance  
Pam pam pa-dam  
My shoulders can dance (all body  
parts)  
I can dance with my friends

#### Awaa Atoo

Awaa awaa awaa  
Atoo atoo atoo  
Awaaaaaaa  
Atooooooo

#### Pinkie Good Bye Song

I wave a small goodbye with my pinkie,  
I wave a medium goodbye with my hand,  
I wave a big goodbye with my whole body,  
And I send my love to my friends